

**Darnall Army Community Hospital
Nuclear Medicine Service**

(254) 288-8290/8291

MYOCARDIAL PERFUSION SCAN

APPOINTMENT DAY:

APPOINTMENT DATE:

APPOINTMENT TIME:

Please arrive ten minutes prior to your scheduled appointment.
The test takes approximately 3-4 hours.

PREPARATION:

- DO NOT EAT, DRINK, OR SMOKE FOR AT LEAST *FOUR HOURS* PRIOR TO THE STUDY.
- NO CAFFEINATED, DECAFFEINATED, OR CARBONATED BEVERAGES OR FOODS, I.E., COFFEE, TEA, PEPSI/COKE, OR CHOCOLATE - FOR AT LEAST *TWELVE HOURS* PRIOR TO THE STUDY.
- Continue all prescribed medications unless otherwise instructed by your physician.
*Patients on **BETA BLOCKERS** must **DISCONTINUE USE** for 48 hours prior to the study.
- **DIABETICS** may have a light snack, one hour prior to the study.

If you have **ASTHMA, EMPHYSEMA, CHEST PAIN AT REST, OR KNOWN ALLERGIES**, it is imperative that you notify the physician prior to the study.

WHAT TO BRING: Bring your **MEDICAL RECORDS**, as they will not be sent ahead of time.

WHAT TO WEAR: For your comfort, wear some form of exercise shoes (i.e., running, tennis, walking, or cross-trainers) and comfortable clothing (i.e., sweats, shorts/T-shirt).
WOMEN: please wear a shirt or blouse with a button down front, and snug bra with no under wire (i.e., sports bra).

RESULTS: Please follow up with your referring physician for results in 3-5 workdays.

CHILDREN: To avoid unnecessary radioactive material exposure to your child (children), please do not bring them to the clinic unless they have a scheduled appointment. Thank you!

MYOCARDIAL PERFUSION SCAN PROCEDURE:

The myocardial perfusion study is performed in several stages. You will receive an IV prior to the study. Various radioactive materials will be injected during the course of the study of which you will feel no ill effects. The rest study will be performed first and this requires you lying on a table for 20 minutes while pictures of your heart are taken. This will be followed by a stress test requiring you to

run on a treadmill or using a medication called Lexiscan * (The type of stress used is determined by your physician).

*If Lexiscan is used, the stress will involve infusion of this medication through the IV for six minutes. The mechanism by which the medication works and possible side effects are listed below:

You will be injected with a substance called Lexiscan that will increase blood flow to the arteries supplying your heart muscle. This will allow us to detect abnormalities in your coronary arteries. Side effects (headache, dizziness, sensation of chest pressure) are relatively uncommon, but may occur and are easily reversible. Serious and potentially fatal complications (bronchospasm, allergic reaction, myocardial infarction) have been reported but are very rare.

After the stress portion of the study, you will be asked to return in approximately 45-60 minutes for us to acquire more pictures of your heart. During the time you are waiting, we would like you to eat, preferable a meal containing fat and/or drink a glass of whole **milk**. *You will be allowed access to Darnall's dining facility to purchase food items.*

Patients wearing the military PT uniform will not be allowed entry to the dining facility; please dress accordingly, or bring food items with you.

If you have questions about this exam or need to reschedule, please call for assistance.